

# Making It Work

## Breastfeeding Moms Returning to Work or School

### My Checklist for Breastfeeding and Working

#### During pregnancy and maternity leave

- Talk with my supervisor about my needs during my pregnancy. (See “How to Talk with Your Supervisor” on page 13.)
- Use “My Lactation and Work Plan” on page 18 to decide with my supervisor the best options for time and space for nursing breaks.
- Learn all I can about breastfeeding during my pregnancy.
- Breastfeed exclusively when I am home with my baby.
- Ask my doctor or local WIC program about whether I will need a breast pump, and what kind will best meet my needs. Practice during the mornings or when I have the most milk.
- If I do need a breast pump, I will talk with my local WIC program or insurance provider about eligibility for a breast pump.
- Find a breastfeeding-friendly child care provider.
- Talk with my family and friends about how they can support me.
- Do a “trial run” to practice leaving baby with a care giver and expressing milk during the day.
- Call my supervisor while I am on maternity leave and confirm my lactation and work plan.
- Return to work proudly!
- Call my WIC peer counselor or breastfeeding coordinator, a lactation consultant, or another mom who has expressed milk at work to share experiences and get support.



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### My Daily Checklist

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#### Post on refrigerator

##### The Night Before:

- Pack a bag of supplies for child care with bottles/cups of expressed milk, outfits, diapers, wipes. (Ask a family member to help!)
- Clean breast pump parts. (Ask partner to help.)
- Pack clean breast pump parts, pump, and cooler and set by the door.
- Prepare my lunch with healthy snacks.
- Set out clothes I will wear to work the next day.

##### In the Morning:

- Nurse baby before leaving for work.
- Items to take to child care: diaper bag and cooler bag with expressed breast milk.
- Items to take to work: lunch, breast pump, clean containers for breast milk, and cooler bag.



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